



Resources and tools to help you Reconnect to Your Health



http://www.womenshealth.gov/whw/get_health_info/packet.htm

Get important, up-to-date health information on everything from cancer and heart disease, to menopause and diabetes. Many of the materials are available in Spanish.



<http://www.womenshealth.gov/tools/>

A Web site with great tools to help you build a healthier lifestyle. Helpful tools available like a BMI counter, healthy weight menu planner, screening tests and immunization guidelines all directed towards women.



<http://www.womenshealth.gov/media/stats.htm>

Get access to the latest research and health statistics on a range of diseases and conditions. Information includes links to substance abuse, smoking, chronic obstructive pulmonary disease, and more.



<http://www.womenshealth.gov/whw/events/>

Find an event or screening in your state.

womenshealth.gov



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